

## **ABSTRACT**

### **Background:**

Obesity is a state of excess adipose tissue mass abdominal obesity or central obesity occurs when excessive abdominal fat around the stomach and abdomen there is a strong correlation between central obesity and cardiovascular disease. Obesity is associated with the development of some of the most prevalent diseases of modern society such as Type-II Diabetes Mellitus, hypertension, coronary artery disease, certain forms of cancer, arthritis, renal failure and gall bladder disease, and is associated with high morbidity and mortality.

Generalized obesity measured by Body Mass Index (BMI) is one of the major causes of ill health in the society. However, abdominal obesity, which is closely associated with intra-abdominal fat and measured either by waist circumference or waist-to-hip ratio, predicts subsequent coronary artery disease.

### **Aim:**

This study was planned to evaluate the effect of Bhastrika pranayama on abdominal obesity.

**Methods:** Sixty [male or female] patients with Abdominal Obesity of age group between 18-45 years will participate in the study. After obtaining informed consent, they will be subjected to be measured for their Height, Weight, BMI, Hip and Waist Circumference and Waist-Hip ratio and Abdominal skin fold thickness.

After obtaining informed consent, the selected patients would be subjected to Yoga Therapy for 10 minutes/twice a day for 60 days, under the supervision of Department of Yoga and Naturopathy, Government Yoga and Naturopathy Medical College, Arumbakkam, Chennai 106.

**Results:**

Based on the analysis of the results obtained, we can conclude the differences were found in weight, BMI, Skin fold thickness between study group and control group.

**Keywords:** Bhastrika Pranayama, BMI, Waist hip Ratio, Skin Fold Thickness, Body Mass Index, Abdominal Obesity

**Interpretation and conclusion:** Two months combined practice of Bhastrika Pranayama in obese individuals showed minimal changes in Waist Hip Ratio and BMI.